



YOGA FOR CHILDREN AGES 3-18

Providing children with the mental and physical 'armour' they need to deal with modern life

Children get stressed too!

- Improves concentration
- Boosts confidence
- Relaxes and calms busy minds
- Improves Strength
- Improves flexibility and balance
- Non Competitive



- Workshops • 1:1 Sessions • Courses • Birthday Parties

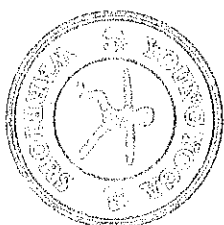
To make an enquiry please contact us



Tel: 07590 029 489



www.youngyogawarriors.com • enquiries@youngyogawarriors.com



New Classes starting at your school!
Yoga for children

Starting 16th November 2012

Every Friday 3.30-4.30

£3.50 per session

Come along and have some fun!!

To book a place please call/text 07590029489
or email enquiries@youngyogawarriors.com

If you are unable to attend this class but would still like to get involved, please contact us for details of other classes in your area.